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WEDNESDAY, JULY 8, 2015

High 23°C/Low 14°C Shower time  



BLOWN AWAY

A tuba player from the Heeresmusikkorps Ulm performs Tuesday during a noon-hour concert on the Halifax Waterfront. The band was in town for the Royal Nova Scotia International Tattoo, which wrapped up Tuesday night. JEFF HARPER/METRO

City aiming to save on energy

EFFICIENCY

Halifax looks to cut city hall heating and electricity bills



**Stephanie
Taylor**
Metro | Halifax

Like many of its residents, Halifax Regional Municipality is looking to trim its heat and electricity bills.

The city is currently seeking contractors to complete major energy efficiency upgrades on the upper floors of city hall, replacing the attic's insulation and adding new mechanical and heating equipment for the building, said the project's manager.

"What we have (are) dramatic swings in the temperature, which is very wasteful for both the heating and cooling cycles of the building," Terry Gallagher said Tuesday. "In some parts of

the building yesterday, it was 32 degrees."

Last year, the city paid Heritage Gas more than \$51,000.

When completed by next year, the project will allow the building's temperature to be better controlled, meaning cost and energy savings, Gallagher said.

There are also plans to replace the building's windows and lighting system in the coming years, he added.

Reducing energy waste from municipal buildings is part of an ongoing project for the city, Gallagher said, citing an upcoming project to make the Eric Spicer Building more energy-efficient.

“

**We're constantly
looking at how
to improve the
efficiency and
reduce the costs
of operating.**

Terry Gallagher



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Faded road markings raise 'serious concerns'

SAFETY

Coun. Steve Craig charges painting takes far too long



Haley Ryan
Metro | Halifax

Faded street paint across Halifax Regional Municipality raises "serious concerns" for one city councillor, who's asking what more can be done to speed the work along.

After an icy, harsh winter and wet spring, the city's annual pavement marking program was pushed back from May to mid-June when the weather warmed up enough for paint to stick to the roads properly, according to an HRM spokeswoman.

"It's one of those programs that's a bit weather-dependent," Tiffany Chase said on Tuesday.

Conditions need to be above 10 C with no rain, and humidity at less than 85 per cent for the work to go ahead, Chase



Road lines are faded at the corner of Duke and Brunswick streets in downtown Halifax on Tuesday. JEFF HARPER/METRO

said, which is why it took so long to get underway.

Chase said the "significant deterioration" of paint seems to be thanks to the crusher dust and sand used this winter across the region where it usually wouldn't have been.

The city's in-house staff paints the yellow centre and

white lane lines, while stop bars, directional arrows, and crosswalks are handled by two contractors, Chase said.

Downtown Halifax and Dartmouth are always done first before the main arterial roads, followed by outlying communities, Chase said, and the contractors are nearly ready to

move on to Dartmouth east and Halifax's north end.

The annual budget for both in-house and contracted work is \$1.03 million, and covers 1,500 kilometres of yellow and white lines, 65,000 metres of crosswalks and stop bars, and 3,800 arrows, Chase said.

But every year, the timeline



You know there's a high degree of interest; you know it's a safety issue.

HRM Coun. Steve Craig

for painting runs until the fall, a timeline that Coun. Steve Craig of Sackville says is far too long.

"Tons of steel heading at each other because they don't know if they're in the proper lane right lane or not is not a good scenario," Craig said.

"I've got very serious concerns that we're not doing this in a timely fashion."

Craig said it's not the system of painting the downtowns first that's the issue, since it would be fine if everything could be done in the span of about three weeks.

It's up to staff to inform councillors what it would take to accomplish faster painting, whether it be more contractors, funding, or higher-quality paint that lasts longer, even if it's more expensive, Craig said.

ANIMALS

Cruelty laws have 'real teeth'

Nova Scotia is one of the worst places in Canada to be an animal abuser.

That's the finding of a report released Tuesday by the Canadian division of the Animal Legal Defense Fund looking at protection for animals in the provinces and territories in 2015.

Spokesperson Sophie Gaillard said Nova Scotia was doing "pretty well" last year, sitting at fourth place, but this year, "there were some notable improvements made to the legislation."

"The penalties went up: the fines are higher and the possible imprisonment terms are higher," she said Tuesday.

The report is based on what the Animal Legal Defense Fund calls "detailed analysis" of legislation in the provinces and territories designed to figure out which laws "have real teeth."

Manitoba is first on this year's list, with Nova Scotia in second, British Columbia in third and Ontario in fourth.

At the bottom of the list are Quebec and Nunavut.

Gaillard said the problems in those provinces are that the penalties aren't high enough for abuse, but rather veterinarians aren't obligated to report incidences of abuse, and the types of protections afforded animals are limited or only apply to certain species.

She said Nunavut, for example, only covers dogs.

Gaillard said provincial and territorial legislation is important for animal welfare, because the federal legislation doesn't cover animals.

"The criminal code provisions are extremely weak," she said. "They haven't been changed since 1892 and are very, very difficult to apply."

The Animal Legal Defense Fund hopes to put pressure on provincial and territorial governments to do more.

Gaillard said Nova Scotia could go further, too, giving the examples of mandatory minimum fines for animal abusers, animal fighting legislation, and standards of care that should be applied to more species.

"But with respect to the other provinces, Nova Scotia is doing fairly well."

ZANE WOODFORD/METRO

SCHOONER

Bluenose II opens to public Saturday, ending long and costly restoration

The Bluenose II will be open for public tours on Saturday after undergoing a major restoration that went over budget and took much longer to complete than scheduled.

Members of the public will be able to tour the ship after it sails into the harbour in Lunenburg, and before it begins offering sailing harbour tours on July 19.

The schooner is making its return as Nova Scotia's sailing ambassador after a restoration that has been fraught with problems.

It was supposed to return to the water in 2011 and was the subject of a report by the province's auditor general, who blamed the delay on the Heritage Department's failure to follow basic management practices.

The Transportation Depart-



The Bluenose II, Nova Scotia's sailing ambassador, heads to port in Lunenburg after sea trials last June.

THE CANADIAN PRESS

ment estimated earlier this month that the restoration has cost \$19.5 million, plus about \$5 million remaining on an out-

standing claim yet to be settled.

When the restoration was announced in 2009 by the provincial and federal governments, the

budget was set at \$14.4 million.

Half of the original budget was to come from a federal infrastructure fund. But the federal government pitched in only \$4 million because the project failed to meet Ottawa's deadlines.

The 300-tonne, 43-metre vessel was launched in Lunenburg in 1963. In January, auditor general Michael Pickup said the rebuild was undermined by a lack of planning and poor oversight.

His audit released said the Heritage Department didn't define the responsibilities for contractors, failed to prepare a proper budget and drafted a weak construction contract.

Premier Stephen McNeil asked Pickup to investigate the project 18 months ago, calling it a "boondoggle." THE CANADIAN PRESS



IN BRIEF

Fisherman fined for failing to update logbook

A P.E.I. fisherman was handed a \$750 fine after pleading guilty to a charge of failing to keep an up-to-date record of his catches.

On Dec. 8, 2014 at approximately 4:30 p.m., fisheries officers did a compliance check while Rory Shawn Gordon of Murray River was fishing scallops off Pictou Island. He admitted he had not completed three days in his logbook.

In provincial court on Monday, Gordon told Judge Del Atwood that it showed a lack of character and judgment on his part. "Lesson learned," he said.

He has 12 months to pay the fine.

THE NEW GLASGOW NEWS

Jazz Festival back in the groove

MUSIC

Free shows in venues across city



Zane Woodford
Metro | Halifax

The Halifax Jazz Festival is back for its 29th year, starting Wednesday night with what its artistic director calls an “awesome and fantastic” lineup.

Lulu Healy said Tuesday that lineup includes headliners Sharon Jones and the Dap-Kings, the Budos Band, tUnE-yArDs, popular returning acts such as the Afro-Cuban All Stars and the Kenny Werner Trio, as well as 400 local artists.

Healy said aside from that fresh lineup, there are some other changes at the festival for 2015.

“We’ve decided to bring some of the music into different neighbourhoods,” she said.

That means free shows at places like the Hydrostone Park and the Public Gardens. The idea is to get people who might not make it out to shows on the waterfront exposed to the music.

The festival is also somewhat compressed this year. The same

number of acts will play, but in a shorter period of time to create “a little bit more of a festive vibe.”

In terms of the music, this year’s lineup is as eclectic as the last few years, though Healy said there’s a “strong contingent of jazz.”

“I think continuing to program a wide spectrum of music keeps people interested,” she said. “There are so many different music lovers in Halifax — people that like one thing and not the other.”

Twenty years ago, the festival was jazzier, but Healy sees the genre as evolving, taking in tastes of world music, blues, soul and even rock.

“We have to diversify, or we wouldn’t be able to present as much jazz music because it is non-commercial music,” she said.

Part of the idea behind the free programming is to introduce people to some of that “non-commercial” music in kind of a risk-free environment, where people don’t have to buy tickets, she added.

So far, everything to do with the festival is going smoothly, Healy said, with no cancellations, and acts getting in on time.

And she likes the weather forecast.

Last year, tropical storm Arthur rolled through town on one of the last days of the festival, cancelling a few free daytime performances, and causing that night’s headliner to back out.

“I’ve never seen a forecast this good for our festival,” she said.

“I think we are owed a good one as pay back from last year, knock on wood.”



Ten years after his first Halifax Jazz Festival performance, jazz pianist Kenny Werner is back with the Kenny Werner Trio at 7:30 p.m. on Sunday at Alderney Landing Theatre. CONTRIBUTED



The tUnE-yArDs is one of the acts at this year’s Jazz Festival. She plays Thursday at 8:30 p.m. at the Main Stage. CONTRIBUTED



“Matriarch” of soul Sharon Jones & the Dap-Kings with The Chronos Band play Wednesday at 8 p.m. on the Main Stage. CONTRIBUTED



Back at the Halifax Jazzfest after a sold-out 2005 show, Juan de Marcos and the Afro-Cuban All-Stars play Friday at 8:30 p.m. on the Main Stage. CONTRIBUTED



Genre-defying instrumentalists The Budos Band with Vox Sambu play Saturday at 8:30 p.m. on the Main Stage. CONTRIBUTED



Jazz composer and drummer Brian Blade plays Wednesday at 7:30 p.m. at the Alderney Landing Theatre. CONTRIBUTED



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Students launching help line for victims of sexual assault

UNIVERSITY

Student union launching peer support line in September

Heide Pearson
For Metro | Halifax

The Dalhousie Student Union is taking its first step toward changing attitudes about rape culture, sexism, misogyny, homophobia and transphobia at the Halifax university.

The DSU is preparing to launch a pilot anonymous Sexual Assault Peer Support Phone Help Line in September.

"We're looking to launch a 24-hour sexual assault support line and to be operational for the first six weeks of the school year," said DSU vice-president Kaitlynnne Lowe.

The DSU is looking to hire a co-ordinator who will acquire volunteers to work eight-hour shifts to handle phone lines. Ideally, there would be at least two volunteers in the call centre at all times.

Lowe said the program has been in the works for more than a year, but after recent events at Dalhousie, there's a bigger push to provide these services.

"The incidents in December and January definitely brought to light a lot of the issues, that it's just a prevalent systematic and cultural issue," she said. "This is just one of the ways that we can tackle it, by giving



Kaitlynnne Lowe, vice-president internal affairs of the Dalhousie Student Union, is seen Tuesday on the Halifax campus. JEFF HARPER/METRO

a support to survivors."

Lowe said they took inspiration from other universities in Canada who offer similar services. There is currently no program like this in Nova Scotia.

She emphasized the phone line isn't for reporting sexualized violence, but for seeking help. Advising callers to report an assault will vary from case



It's an issue that students have been at the forefront fighting for years and this is just a great example of how we can make some change. Kaitlynnne Lowe, DSU vice-president

to case.

"They're able to talk to someone who is going to pro-

vide non-judgmental, active listening, be able to provide information, and also to pro-

vide support those who call in to process incidents."

Though the support line isn't for reporting, the DSU says Dalhousie should have an anonymous reporting protocol.

The co-ordinator and volunteers will go through extensive training to ensure they're able to properly support callers looking for help.

The DSU hopes to have the program up and running for fall semester, as there tends to be a spike in sexualized violence on campus, Lowe said.

After that, they will evaluate its success and hopefully keep the phone lines open all year.

"We hope it will provide a safe space for anyone who experiences sexualized violence."

IN BRIEF

Musquodoboit Harbour wharf reopened swimming

Swimmers in Musquodoboit Harbour are in luck, as Halifax Regional Municipality has reopened Government Wharf for swimming.

Bacteria levels in the water had been high last week, but recent tests show that the water is now safe for swimming as per Health Canada guidelines, said a news release issued by HRM.

Beaches in Halifax often open and close due to bacteria levels in the waters, so people are advised to check out halifax.ca/rec/Beaches.php for information on supervised beaches and outdoor pools. METRO

Bacteria levels too high for swimming at Shubie Beach

Those hoping to take a dip at Shubie Beach in Dartmouth and Long Pond Beach in Halifax are going to have to find a different swimming hole.

The beaches are closed to swimmers until further notice due to high bacteria levels in the waters, according to a news release Tuesday from Halifax Regional Municipality.

Bacteria levels in the water of Halifax supervised beaches are regularly checked throughout the summer.

Municipality staff will continue to check the bacteria levels, and advise the public when the beaches have been reopened. METRO

MACDONALD BRIDGE

Big Lift means cancellations on Natal Day

Haligonians can expect some changes to Natal Day festivities not just this year, but also next year, as a result of The Big Lift on the Angus L. Macdonald Bridge.

Many events happen on the bridge that crosses Halifax Harbour during Natal Day weekend each year, from people being able to watch the parade from there to races across its length.

"Unfortunately because of The Big Lift and the fact that the bridge is really going to be a construction zone by then ... we have to postpone those events for this year and next year," Halifax Harbour Bridges spokeswoman Alison MacDonald said Tuesday.

The Natal Day fireworks will be set off from a barge in the

Halifax Harbour, instead of from the bridge itself, for instance.

The MACPASS Miles race across the bridge won't be held this summer, or in the summer of 2016. The Natal Day Bridge Walk also won't be held during this year's celebrations, or in 2016.

The Natal Day Parade will still come across the bridge, but people won't be able to watch the parade from the bridge or in the toll plaza.

"It is very unfortunate that we are unable to hold them," MacDonald said.

But she assures Halifax residents, when the events come back in 2017 they'll "make a big deal of it all."

HEIDE PEARSON/METRO



The Angus L. Macdonald Bridge JEFF HARPER/METRO

Jobs change immigrants' lives

NEW CANADIANS

Construction firm recognized for refugee employment



Haley Ryan
Metro | Halifax

Overlooking immigrants when it comes to hiring in Nova Scotia is "a waste for them and it's a waste for us," says a Dexter Construction representative.

On Tuesday, Dexter Construction was honoured by the Immigrant Services Association of Nova Scotia (ISANS) for hiring 21 immigrants and refugees in the Halifax region



We look forward to growing with this group.

Ryan Kidney of Dexter Construction

since 2013.

"These people have the skills that we as a province need to utilize, and if we don't then it's a waste for them and it's a waste for us," Ryan Kidney, human resources director for Dexter, said after the ceremony.

"We're just happy to get people that are bringing their skills to us as employers and helping us get our jobs done."

Kidney and Ken MacLean, Dexter's vice-president of general council, accepted Citizenship and Immigration Canada's (CIC) Refugee Employment Award on Tuesday, as well as a plaque from ISANS.

Of those hired on at Dexter, Kidney said 14 work on the environmental side of the company, while six are in construction, and all had safety and workplace training through the association's Bridge to Work program.

Entry-level positions such as construction are ideal for many, since they don't require a lot of language skills, but enough to work safely, said Claudette Legault, ISANS direc-



Maryse O'Neill of Citizenship and Immigration Canada, left, shakes hands with Ken MacLean of Dexter Construction after presenting his company with CIC's Refugee Employment Award.

HALEY RYAN/METRO

tor of programs and services.

However, they are also helping professionals, since Dexter recently hired an engineer

from Iran they learned about through ISANS.

The program, funded by the province's immigration

department, also helped members improve their English before they passed construction tests, coordinator Donnalynn

Benoit said.

Minister of Immigration, Lena Diab, spoke during the event about the importance of other companies following Dexter's lead.

"The province can do everything if we all put our hands together, and we all work together," Diab said.

Over the past two years, Benoit said they have placed 33 of the 47 people who went through the program with a job, including training for positions at Sobeys, Pete's Frootique, and Atlantic Superstore.

Benoit said partnering with private companies is a "win-win," since immigrants find stable work and help contribute to the economy, while businesses find employees with high skills and a willingness to build a life in the province.

"It increases confidence, and helps them to get a job that they otherwise don't think that they would've have gotten," Benoit said about the reaction from immigrants.

"It changes their lives, it really does."

INTERNET ACCESS

Feds pledge \$6M for tech upgrade

The federal government is providing \$6 million to help expand and improve high speed Internet in Nova Scotia.

The announcement was made Tuesday morning with Cumberland-Colchester-Musquodoboit Valley MP Scott Armstrong and the Honorable Ed Holder, Min-

ister of State (Science and Technology).

The funding is being provided to Seaside Wireless Communications to expand and improve high-speed Internet services to approximately 14,000 Nova Scotia households and businesses.

The communities that will

benefit under this project include Pictou, Antigonish, Colchester, Guysborough, Inverness, Cape Breton, Cumberland, Richmond, and Victoria.

The project is expected to be completed by August 2018, delivering average Internet speeds of 5Mbps. TRUO DAILY NEWS

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A server at the Wooden Monkey in Halifax waits tables. Industry figures say the food-and-beverage sector is by far the most regulated sector in the province. METRO FILE

Province aims for better service

FOOD AND DRINK

New website puts licensing info and forms all in one place



Stephanie Taylor
Metro | Halifax

The province says it has cut red tape through a new website that gives restaurant owners in Nova Scotia a one-stop shop to apply for licences and permits.

Called the Restaurant and Accommodation Bundle, the site allows users to find the service requirements and forms they need at their fingertips, rather than having to sort through different departmental information, Service Nova Scotia

Minister Mark Furey explained Tuesday at Gio Restaurant in downtown Halifax.

"They don't want to spend their valuable time researching permits," he said.

Gordon Stewart, executive director of the Restaurant Association of Nova Scotia, said Tuesday that the food-and-beverage industry is by far the most regulated sector in the province.

"You can add up hospital,

oil drilling, mining, forestry, agriculture, (and) all combined together (they) have less regulations in total than the food-and-beverage business," he said.

Stewart said the new site serves both new and existing businesses, offering start-ups a checklist for licensing while giving veteran business owners simpler ways to renew or update their files.

"Basically, people don't know.

They go from pillar to post. They have no idea," he said of the previous requirement process.

Furey said they are moving to digitize other sectors. Next up: the region's convenience-store industry.

"We've been an analogue government in a digital world, and that puts us at a disadvantage from a business perspective," he told reporters after the announcement.

66

We've been an analogue government in a digital world, and that puts us at a disadvantage.

Service Nova Scotia
Minister Mark Furey

ALERT

Atlantic Lottery warns of big-win telephone scam

Atlantic Lottery is asking Nova Scotia residents to beware of the latest lottery scam.

The corporation issued a news release Tuesday, explaining that a caller claiming to be from Atlantic Lottery will congratulate you on winning a large prize, citing a file number as proof.

To collect the prize, the caller says, you must first pay the taxes.

The corporation reminds people that in order to be a



Beware of serendipitous phone calls. METRO FILE

prize winner, you must be at least 19 years old and have purchased a ticket from an Atlantic



CONTACT

Anyone who has received a fraudulent call or email is asked to contact police.

Canadian retailer.

It also says that lotteries do not send out unsolicited cheques or require tax payments or administrative fees in advance of a prize. STEPHANIE TAYLOR/METRO



IN BRIEF

Driver busted after crash

A 27-year-old man Dartmouth man faces drug charges after a crash near Coldbrook on Saturday.

A Halifax RCMP news release says Darcy Joel Miller crashed his Chevrolet into a woman's Jeep at about 5:10 a.m. on Highway 101.

After searching Miller and his car, police say they seized cocaine and crack. Miller appeared in court Monday to face charges of impaired driving and possession of cocaine for the purpose of trafficking. METRO

ROAD SAFETY

Dozens accused of impaired driving

Halifax Regional Police say 45 people are facing impaired-driving charges after last month.

In June, 28 men and 17 women between the ages of 18 and 61 were arrested and charged with impaired-driving-related offences, with one driver found to be impaired by drugs.

Of those charged, 22 were identified by officers at traffic and check stops, while seven were arrested after a collision. They say citizens reported the other 16 drivers to police.

Police say 12 drivers were handed between seven- and 30-day suspensions for having blood-alcohol levels between 50 and 80 milligrams of alcohol in 100 millilitres of blood. In total, police say, 14 drivers were impaired by alcohol more than twice the legal limit, while one driver was found to be impaired more than three times the allowed amount.

Ten drivers also refused to provide breath samples and were charged with refusal, police say.

METRO



TRAFFIC JAM POLICE INSPECT VEHICLES Halifax RCMP and Halifax Regional Police slow traffic for a vehicle inspection stop Tuesday on Barrington Street. JEFF HARPER/METRO

A hot car is no place for a pet

POLICE WARNING

Leaving cats, dogs in sizzling vehicles 'can be deadly'

Kristen Lipscombe
Metro | Halifax

Nova Scotia's police are, once again, reminding residents not to leave their pets unattended in vehicles, especially during the summer months.

The Mounties issued a news release Tuesday asking those who see pets unattended in cars on a hot day to write down the licence plate number, as well as the colour, make and model of the vehicle before calling police.

"If you are with someone, have them keep an eye on the animal while you try to get help," the Nova Scotia RCMP



Two dogs are seen in this photo illustration. METRO FILE

news release states.

Although Environment Canada is expecting showers over the Halifax area for at least part of the day Wednesday, it will still be warm out with a high of 23 C forecasted.

The rest of the week is predicted to range between a high of 23 C and 26 C, with sunny

skies.

"It can only take a few minutes for a vehicle to reach over 35 degrees, which can be deadly," the RCMP said.

"Rolling down a window or parking in the shade doesn't guarantee protection either, since temperatures can still climb into harmful zones."

CAPE BRETON

No foul play after body found

Police in Nova Scotia say they do not believe foul play is a factor in the death of a male person whose body was found Monday in a Cape Breton park.

Cape Breton Regional Police say the body has been sent for an autopsy to confirm the cause of death.

Police were called to Ren-

wick Brook Park in Glace Bay on Monday afternoon after a man noticed the body from a walking track.

THE CANADIAN PRESS

IN BRIEF

Animals seized from Newfoundland farm

Police are investigating a complaint of animal cruelty in central Newfoundland after animals died of suspected malnutrition at a small hobby farm.

The RCMP say animals have been seized from the farm near Springdale following an investigation based on a complaint in May that some of the livestock were in poor health.

Staff Sgt. Boyd Merrill says the living animals seized and brought into foster care include a pony, a bull, a goat and 19 mixed poultry, such as chickens and geese. A small number of animals had died at the farm and were removed for post-mortem analysis.

Police are still investigating and there is no word on charges.

THE CANADIAN PRESS

DENTISTRY

Dalhousie grad wants name cleared

A graduate of dentistry school at Dalhousie University in Halifax who says he helped blow the whistle on a misogynistic Facebook page wants the school to clear his record as he tries to get a licence to practice.

Ryan Millet has asked Dalhousie president Richard Florizone to expunge his suspension and a disciplinary finding of misconduct after a report was released last week by a task force appointed by the school to look at its handling of comments posted on Facebook by male dentistry students.

The request is made in a letter dated June 30 to Florizone from Millet's lawyer, Bruce MacIntosh, who made it public along with a reply from a lawyer for the university.

In the reply, a lawyer acting

for the university in Halifax writes that Florizone cannot "re-write history and pretend" that Millet wasn't involved in a Facebook group at the centre of the scandal or that he wasn't suspended.

The emailed reply goes on to say that Millet's record reflects that he was found to have engaged in unprofessional conduct and was required to undergo remediation, which he successfully completed.

Millet has asked for the school to clear his name because he has been offered a position in Oregon and is waiting for licensing approval from the state, but he fears its investigation will require that he be subject to oversight mentoring.

MacIntosh says that would disqualify Millet from the job he has been offered.

THE CANADIAN PRESS

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+ IN BRIEF

Government of New Brunswick opens 10 affordable housing units

The New Brunswick government has opened 10 new affordable housing units for low-income singles and people with disabilities.

The province gave the development in Bathurst more than \$880,000 in rent supplements, while the federal government contributed \$400,000.

The project's funding is part of a \$47-million agreement for affordable housing between Ottawa and New Brunswick.

The province says it will use the funding to create more affordable housing, subsidize more housing units and improve existing low-income homes.

THE CANADIAN PRESS

Crews cleaning up St. John's harbour oil spill

Crews are cleaning up an oil spill in the St. John's harbour in Newfoundland.

The St. John's Port Authority says work underway since the weekend to deal with the spill is having a minimal effect on traffic.

The coast guard, Transport Canada and Environment Canada are involved in the cleanup.

About 400 litres of an oil-like substance has been recovered from the harbour and booms were put in place to pick up any remaining oil.

Transport Canada is investigating the source of the spill.

THE CANADIAN PRESS



Roger Marsters, curator of marine history at the Maritime Museum of the Atlantic, describes some of the features of the RMS Britannia during a media tour Tuesday. JEFF HARPER/METRO

Curating, cherishing Cunard

175 YEAR ANNIVERSARY

Relive glory days of steam ship industry in Nova Scotia

Heide Pearson
For Metro

The long and storied history of the steam shipping industry is being celebrated at the Mari-

time Museum of the Atlantic with the launch of its Cunard 175: Engine for Change exhibit this Friday.

The exhibit marks 175 years since the arrival of the first Cunard flagship, the Britannia, from Liverpool, England. The focus is on Samuel Cunard and the shipping legacy he brought to Nova Scotia, particularly Halifax during the 1800s.

Roger Marsters, the museum's curator of marine history, said Tuesday the exhibit features a mix of historical and

“

We're trying to engage as broad an audience as possible.

Roger Marsters,
museum curator

interactive components that show how Cunard made Halifax a centre for steam shipping. “(Cunard) had a great talent for bringing people together for a common purpose,”

Marsters said.

Visitors can touch and smell trade goods of that time, try out speaking tubes that were used on steam boats, and see models of the time's technology.

“We're trying to engage as broad an audience as possible,” Marsters said.

One of the most exciting features of the exhibit is a model of a side-level steam engine that can be pumped manually, he added.

The exhibit opens Friday with a free reception at 4:30 p.m. The Cunard ship Queen Mary 2 is making a special sail at about 7:30 p.m. from Pier 21, up to where the old Cunard Wharves were located, and back out of Halifax Harbour. There will be a large, formal send off and the Stadacona band will salute the vessel.

The Queen Mary 2 left Liverpool on Monday and will arrive in Halifax this week, replicating the voyage the Britannia made 175 years ago.

COURT

Pair accused of mall attack plot

A preliminary inquiry began Tuesday for two people accused of plotting to open fire at a shopping mall.

Lindsay Kantha Souvannarath, 23, of Geneva, Ill., and 20-year-old Randall Steven Sheppard of Halifax are both charged with conspiracy to commit murder, conspiracy to commit arson, illegal possession of dangerous weapons and making a threat through social media.

None of the allegations against them has been proven in court. The preliminary inquiry is scheduled for three days and is being held under a publication ban that prohibits reporting what is heard in Halifax provincial court.

Outside court, Crown prosecutor Mark Heerema said the two accused face a jury trial in Nova Scotia Supreme Court.

“It's been conceded by the



Kantha Souvannarath, left and Randall Steven Sheppard separately attend Halifax provincial court Tuesday. THE CANADIAN PRESS

defence that there is enough evidence in this matter to warrant a trial,” he added.

“We would expect that shortly after this preliminary is completed, we'll be proceeding to the Supreme Court of Nova Scotia to begin the process of seeking trial dates.”

The defence is asking questions of certain witnesses at the preliminary inquiry to as-

sist in their preparation for trial, Heerema said. He said 11 witnesses are expected to testify at the preliminary hearing.

Sheppard's lawyer, Roger Burrill, confirmed outside court that defence has conceded there is enough evidence to proceed to trial. Police allege the plot could have resulted in mass casualties at the shopping centre on Valentine's Day. THE CANADIAN PRESS

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ANTI-CORRUPTION

Death of suspected fraudster confirmed

Quebec's anti-corruption unit has confirmed the death of suspected fraudster Arthur Porter.

The unit said in a statement today that visual identification of the body in Panama was sufficient evidence to confirm the death.

DNA tests and fingerprint analysis were also conducted as a precaution.

News that the 59-year-old Porter had died last week was treated with heavy skepticism by authorities in the province where he faced fraud charges.

Quebec sent two investigators to Panama last Friday to gather evidence that would prove he had died.

Robert Lafreniere, head of the anti-corruption unit, says the fraud charges against Porter related to a superhospital project in Montreal will be

dropped.

Porter's biographer, doctor and relatives said last week he succumbed to cancer in Panama, where he'd been detained since May 2013 on a Canadian arrest warrant.

Investigators from Quebec's anti-corruption unit were granted entry to the morgue in Panama City on Monday afternoon.

The alleged \$22.5-million fraud has been described by one Quebec provincial police investigator as one of the largest corruption cases in Canadian history.

Porter was the former head of Montreal's McGill University Health Centre and was also once appointed head of Canada's spy watchdog agency by Prime Minister Stephen Harper.

THE CANADIAN PRESS



25TH ANNIVERSARY OKA CRISIS STILL RESONATING

Kanesatake Grand Chief Serge Simon stands in the Pines near the scene of the police raid 25 years ago that started the Oka Crisis, in Kanesatake, Que. July 11 will mark the 25th anniversary of the start of the Oka Crisis that grabbed international headlines, with armed Mohawks and Canadian soldiers involved in a lengthy standoff that often appeared on the verge of exploding into full-blown combat.

Native activists, artists and professors say while it's difficult to draw direct links, the Oka uprising in 1990 inspired First Nations movements across the country such as the Idle No More protests in 2012 and the ever-increasing calls for a federal inquiry into missing and murdered aboriginal women.

RYAN REMIORZ/THE CANADIAN PRESS

ALBERTA

Man arrested after backhoe pursuit

A 27-year-old former Alberta man faces seven charges following an early morning low-speed pursuit in New Brunswick involving a backhoe.

Thomas Therrien Chiasson, of no fixed address, was arrested Tuesday morning.

RCMP Const. Derek Black says police were called around 3:40 a.m. about a backhoe on the Trans-Canada Highway west of Fredericton that was impeding traffic and didn't have any lights on.

Black says the driver was only travelling about 10 kilometres per hour, but didn't stop until police used a spike-belt.

Police say alcohol is believed to have been a factor.

Chiasson is charged with evading police officers, im-

paired driving, refusing a breathalyzer demand, possession of stolen property over \$5,000, mischief over \$5,000, dangerous driving, and breach of a condition imposed by a court in British Columbia.

He has been remanded until a bail hearing Wednesday in Fredericton.

Black says the backhoe damaged some asphalt and a number of guardrails over a distance of about 15 kilometres.

Ross Mathers, general manager of Maritime Road Development Corp., the private company that maintains that section of highway, says there is damage in about 10 locations. Damage is estimated at about \$15,000 and he says repairs have begun.

THE CANADIAN PRESS

Wanted: Chainsaw trainers for inmates

PRAIRIES

Program meant to help in job search

Inmates at 11 prisons across the Prairies are in line for chainsaw safety training to help prepare them for future employment once they are released.

Between 110 and 220 inmates could be part of the 22 training sessions that Correctional Service Canada plans to pay for in the coming years at four prisons in Alberta, four more in Saskatchewan and three in Manitoba.

Each session will have be-

tween five and 10 inmates participating in training sessions set to start in 2017.

Bid documents posted online earlier this month show that the cost to provide the three-day training sessions should be no more than \$108,800.

The winning bidder will have to supply chainsaws, cutting stands, logs, files, oil, gas, chains, and safety equipment to the inmates who take the course at medium and minimum security prisons, three Aboriginal healing lodges — including one for women — and the regional psychiatric centre in Saskatoon.

Only two prisons up for training sessions have maximum security wings: Stony Mountain

“Participants may exhibit difficult or resistant behaviour.”

Text on the bid document

Institution in Manitoba, and Saskatchewan Penitentiary in Prince Albert, Sask.

The documents also come with a warning to potential bidders: “Participants may exhibit difficult or resistant behaviour.”

A spokeswoman for CSC said any inmate who lands in one of the courses has to be “screened

for their suitability” and will be supervised.

Melissa Hart says prisons in other parts of the country also provide similar training to inmates, part of the department's mandate to “facilitate inmates' re-entry into the workforce following their release.”

Hart said training is targeted at work in the trades, such as carpentry and cabinet making, and said “many offenders” have landed jobs because of their training and demand for trades workers.

A study that Corrections commissioned five years ago concluded that inmates who find work are less likely to reoffend.

THE CANADIAN PRESS

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- 1 Fifth Harmony ft Kid Ink Worth It

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Police, FBI raid home of Subway's public face

INDIANA

Authorities mum on reasons for investigation

FBI agents and Indiana State Police raided the home of Subway restaurant spokesman Jared Fogle on Tuesday, removing electronics from the property and searching the house with a police dog, two months after Russell Taylor, the then-executive director of Fogle's foundation, was arrested on child pornography charges.

FBI agent Wendy Osborne said the agency was conducting an investigation in Zionsville, an affluent Indianapolis suburb, but wouldn't say whether it involved Fogle or describe the nature of the investigation.

Subway said in a statement that it is "very concerned" about the raid, which it believes "is related to a prior investigation" of a former employee of the Jared Foundation, an organization founded by Fogle to raise aware-



Subway restaurant spokesman Jared Fogle walks to a waiting car as he leaves his home Tuesday in Zionsville, Ind. MICHAEL CONROY/THE ASSOCIATED PRESS

+ BACKGROUND

Claim to fame

Jared Fogle, 37, became the Subway restaurant chain's pitchman after shedding 245 pounds more than 15 years ago, in part by regularly eating Subway sandwiches. Subway began featuring Fogle in commercials soon after, and his story was instrumental in giving the sandwich chain an image as a healthy place to eat.

THE ASSOCIATED PRESS

ness about childhood obesity. Subway did not immediately say whether that employee was former foundation executive director Russell Taylor.

The company had removed references to Fogle from its website by late afternoon and issued another statement, saying the two "have mutually agreed to suspend their relationship due to the current investigation."

"Jared continues to co-operate with authorities and he expects no actions to be forthcoming," the company said. "Both Jared and Subway agree that this was the appropriate step to take."

Federal prosecutors in May



Jared continues to co-operate with authorities and he expects no actions to be forthcoming

Subway statement

filed a criminal complaint charging Taylor, 43, with seven counts of production of child pornography and one count of possession of child pornography. Fogle issued a statement after the charges were filed saying he was shocked by the allegations and was severing all ties with Taylor.

The Indianapolis Star photographed Fogle stepping out of a police evidence van parked outside his home Tuesday mor-

ning, and he left the house just after noon with attorney Ron Elberger. Fogle declined to comment, but Elberger later released a statement saying his client is co-operating with authorities.

"Jared has been co-operating, and continues to co-operate, with law enforcement in their investigation of unspecified charges, and looks forward to its conclusion," Elberger said.

During a search of Taylor's

home this spring, federal investigators say they discovered a cache of sexually explicit photos and videos Taylor allegedly produced by secretly filming minor children at the home. They said they also allegedly found more than 400 videos of child pornography on computers and storage media recovered from Taylor's home office in his Indianapolis residence.

Taylor's attorney, Brad Banks, said Tuesday his client was briefly hospitalized after the allegations surfaced but is now in federal custody. Sheriff's officials have said Taylor tried to take his own life in jail.

"The only thing I can say is that I'm aware that there's an ongoing investigation," Banks said.

Tim Harty, a spokesman for the U.S. attorney's office in Indianapolis, said prosecutors "are moving forward" with the case against Taylor. He declined to comment on Tuesday's raid at Fogle's home.

Neighbours said Fogle and his wife entertained frequently and would say hello but that they didn't see the couple outside a lot.

Jacob Schrader, 19, who lives across from Fogle's house, said the pitchman seems "like a pretty private guy" and that he'd only seen him about a dozen times in the last five or six years.

"He's like an endangered species or something like that," Schrader said.

Subway, which is based in Milford, Conn., and is privately held, has struggled in recent years. Last year, industry tracker Technomic said average sales for Subway stores in the U.S. declined three per cent from the previous year. The company has about 44,000 locations around the world.

THE ASSOCIATED PRESS

GREECE NEGOTIATIONS

Eurozone mood gloomy

Eurozone leaders met the beaming smile of Prime Minister Alexis Tsipras with anger and frustration Tuesday when it became clear the Greek leader came to their summit without a fresh written proposal on how to save his country from financial ruin.

With Greece's banks just days away from a potential collapse that could drag the country out of the euro, Tsipras had been expected to offer up economic reforms in exchange for loans.

Instead he came with only vague proposals and a commitment to back it up with real figures and a written plan on Wednesday.

Tsipras came buoyed by a triumph in Sunday's referendum, where an overwhelming majority of Greeks backed his call to reject the belt-tightening reforms that creditors had last proposed.

But that domestic victory did not appear to give him much leverage in talks with foreign creditors, who know Tsipras needs a deal soon to keep his country afloat. Banks have been shut since last week and will not reopen before Thursday, cash withdrawals have been limited for just as long, and daily business throughout the country has come to a near standstill.

So it was with surprise and anger that European leaders learned Tsipras did not yet have a written proposal for new rescue aid.

"I'm extremely sombre about this summit. I'm also sombre about the question of whether Greece really wants to come up with proposals, with a solution," Dutch Prime Minister Mark Rutte said.

THE ASSOCIATED PRESS

SOUTH CAROLINA

Senate votes 36-3 to bring down flag

The South Carolina Senate gave final approval Tuesday to a bill removing the Confederate flag from a pole in front of the Statehouse, sending the proposal to the House, where it faces a less certain future.

Tuesday's 36-3 vote came after a day of debate in which several white senators said they had come to understand why their black colleagues felt the flag no longer represented the valour of Southern soldiers but the racism that led the South to

separate from the United States more than 150 years ago. Senators then stood as Pinckney's widow came in the chamber. Each member came up to talk to her and offer condolences.

Debate in the House was scheduled to begin Wednesday, and it's far from clear when a vote may be taken. Republicans have struggled to reach a consensus on what to do next.

Democrats, meanwhile, say both the flag and flagpole must go. THE ASSOCIATED PRESS

IN BRIEF

Selfies risk to your health, warn Russian police

Alarmed by the number of Russians who have been killed while taking photos of themselves, Russian police have started a new campaign called "Safe Selfies."

The instructions issued Tuesday warn against standing on railroad tracks, climbing onto roofs or posing with a gun or a tiger.

Police say at least 10 Russians have been killed and 100 injured while taking selfies this year.

THE ASSOCIATED PRESS

BILL COSBY

Accusers feeling vindicated following drug disclosure

Bill Cosby's accusers see his admission of obtaining Quaaludes to give young women before sex as vindication of their claims that he drugged and sexually assaulted them.

Cosby admitted that he gave Quaaludes, a now-banned sedative, to a 19-year-old woman before they had sex in Las Vegas in the 1970s. He also admitted giving the powerful drug to unnamed others.

His lawyer interfered before he could answer depos-

ition questions in 2005 about how many women were given drugs and whether they knew about it.

"I never thought I would be validated or vindicated in this," said Joan Tarshis, of Woodstock, N.Y., who accused Cosby of drugging and attacking her when she was breaking into comedy writing in 1969. "I mean, it's turned my life around 180 because now all the people that haven't believed me or us have come

out, most of them, and said, 'We were wrong.'"

The Associated Press had gone to court to compel the release of a deposition in a 2005 sexual abuse lawsuit filed by former Temple University basketball team employee Andrea Constand — the first of a cascade of lawsuits against Cosby that have severely damaged his image as dotting TV dad Dr. Cliff Huxtable on The Cosby Show.

THE ASSOCIATED PRESS

Breast milk demand high

U.S. HEALTH

States consider legislation, firms battle for industry control

It could trade for 400 times more than the price of crude oil and 2,000 times more than iron ore. If sold off the shelf, it could cost more than 150 times the price of a gallon of cow's milk and 15 times more than coffee.

Going for as much as \$4 an ounce, breast milk is a hot commodity that is emerging as a surprisingly cutthroat industry, one that U.S. states are seeking to regulate amid a battle for control between non-profit and for-profit banks that supply hospital neonatal units.

The debate among the for-profit and non-profit organizations can be sharp-elbowed. It centres on whose processes result in the safest milk for premature babies in neonatal intensive care units, which need the milk if a mother has difficulty producing enough or the child has trouble latching. Each side claims the moral high ground, with non-profits



Rachel Palencik holds a container of her frozen breast milk. Palencik recently tried to sell her milk and wants to be sure it goes to one of 4,000 mothers who rely on 15 non-profit milk banks setup across the U.S. However, the entry of for-profit milk banks have created tension between the industry and state lawmakers as they begin to impose industry regulations.

MATT ROURKE/THE ASSOCIATED PRESS

generally saying milk distribution should be altruistic while for-profit companies argue mothers deserve to be compensated.

In the United States, there are two for-profit companies and soon to be three, and one non-profit that oversees 15 milk

banks in the U.S. in addition to three in Canada. Ten non-profit banks are in development. Against this backdrop, lawmakers in New Jersey and Michigan are considering legislation to license banks, while legislators in California, Mary-

land, New York and Texas already have regulations.

Rachel Palencik, of West Chester, Pa., said her breast milk was taking up space in her freezer, so she tried to donate it to a bank but didn't have enough. So she tried to sell it — and wouldn't

try it again.

"A lot of it was either scammers or men wanting to consume it, which isn't my cup of tea," she said.

There's broad agreement in the milk-banking industry of a shortage of human milk available for hospitals and NICUs. The non-profit Human Milk Banking Association of North America estimates that there are 4,000 moms using its banks across the U.S. and it would take 60,000 to meet hospitals' demand for milk.

There is also a largely shared view that it's important for donor milk to be thoroughly screened for bacteria, drugs and adulteration by cow's milk.

The non-profits say they respect the right of moms to sell their milk because it is theirs, but they question the profit motives of companies like Medolac, Prolacta and the soon-to-be-operational International Milk Bank.

The for-profit companies offer moms the chance to earn \$1 an ounce to \$2.50 an ounce for their milk. In turn, hospitals can pay as little as \$4. The companies say mothers have a right to earn money for their milk and their model can end the shortage. THE ASSOCIATED PRESS

IN BRIEF

HSBC fires six employees for ISIL-inspired exercise

HSBC has fired six employees who staged a mock group-style killing during a team-building exercise in the vein of those committed by the Islamic State of Iraq and the Levant (ISIL).

The Sun newspaper reported Tuesday the footage posted online showed five workers wearing overalls and balaclavas laughing as a South Asian colleague wearing an orange jumpsuit knelt at their feet.

HSBC says it fired those involved as soon as the video was brought to their attention. THE ASSOCIATED PRESS

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THE BIG THING: THE R-WORD

“We are in a fragile economic environment.”

— Finance Minister Joe Oliver, July 7, 2015

2 Who decides? Officially, a recession is two straight quarters of decline in gross domestic product (the total goods and services Canada produced during those three months). GDP fell 0.1 per cent in 2015's first quarter. Second-quarter results are due from Statistics Canada on Sept. 1. If they're negative, we'll be in recession.

3 Team recession A chorus from the private sector predicts tough times ahead. TD Bank argues the first half of 2015 was likely a recession, Bank of America Merrill Lynch says we appear to be in a downturn and CIBC economists say it's "a real possibility."



1 Change of tone Finance Minister Joe Oliver's measured comments Tuesday stand in contrast to July 2, when he said, "We're going to see solid growth ... we don't believe there will be (a recession)." Recent months have seen tanking oil prices and the first drop in capital investment since the financial crisis. If the economy is shrinking, it could throw a wrench into the government's election promise of a balanced budget.

ROSEMARY WESTWOOD

metroview

To the Cosby fans who scoff at truth and consequences

This one goes out to you, the thousands of fans who packed auditoriums in Ontario last winter to watch Bill Cosby crack jokes, knowing full well he'd been accused by more than 20 women (at the time) of rape.

You gave him the benefit of the doubt, you told me. He (through a lawyer) dismissed the allegations as absurd, and that was good enough for you. He was still the iconic dad who could do no wrong.

Unless, by wrong, you mean purchasing the sedative Quaalude to give to women he wanted to have sex with. Cosby, under oath in 2005, admitted to doing just that, according to court documents newly obtained by the Associated Press. During that lawsuit, which was eventually settled out of court, he said he also gave one woman three half-pills of Benadryl.

Celebrity-father-figure love is blind. And that's why this revelation, as satisfying as it is for people like me, isn't really for me at all.

As I said — it's for you. You, mostly middle-aged crowd who piled into Kitchener's Centre in the Square theatre in January, months after snowballing accusations caused Netflix and NBC to cancel planned Cosby shows, amid a comedy tour collapsing under a slew of cancelled dates. I watched you from the press rows as you applauded

Cosby's trademark antics, warm in your seats while protesters shouted in the cold outside.

Later that week, in London, Ont., he told a woman in the audience to be careful drinking around him.

"Ha ha ha ha!" you laughed.

Cosby, in sweaters knitted like a tangle of Technicolor snakes, had cradled you into adulthood with his quirky, principled parenting on The Cosby Show.

But do you recall Season 5, Episode 12? It's the one called "Truth or Consequences." In it, Cosby gives his daughter Vanessa and her boyfriend a stern talking-to after Vanessa lies to her parents about seeing him (she says she's doing homework).

The moral of the episode is twofold.

One, don't fall into the "abyss of untruth," to quote Clair Huxtable. That, in real-life terms, might look something like repeated denials that you ply women with drugs, when the truth is, you do.

Two, don't aid others in lies of their own. And that, in real-life terms, might look something like paying to see a comic who overwhelming evidence suggests is a rapist, so he can parade on stage and keep raking in money, truth be damned — and consequences.

Make your patriot love truer: Read TRC report

Last week, 34,000 people endured thunderstorms to celebrate Canada Day on Parliament Hill, where Prime Minister Stephen Harper told them, "A little bit of bad weather is never going to keep Canadians down." He said to the crowd, "We are a kind and generous society. No better place in the world than this country ... more confident, more prosperous, more united than ever — the best country in the world!"

In the 18th century, Dr. Samuel Johnson described patriotism as "the last refuge of a scoundrel."

He meant not to disparage all patriots, but to note that, lacking other supports for their positions, people arguing in bad faith often rely on easy appeals to love of country.

Harper may have been right about some of the points he made that rainy day. But it was strange to hear such unchecked pronouncements a scant kilometre from the

Delta Ottawa, where the Truth and Reconciliation Commission of Canada recently wrapped up its six years of investigation into what it called cultural genocide in the Indian Residential Schools.

Those of us who were present to hear statements at the TRC's Survivors' Sharing Circle have been shown a far more complicated and tragic understanding of Canadian nationhood than tends to be presented in celebratory political speeches.

This is a bountiful country, yes, but one whose wealth has often come from exploitation of indigenous people and their lands. If it is a great country, that greatness has frequently been used to prevent discussion of the more painful aspects of our history.

And yet the realities of residential schools are now laid out in clear type, for all those who wish to know what our ancestors and their governments did to destroy indigen-

ous communities and cultures in the name of our country and the notion of a white, European-Canadian identity.

The best response to crude patriotism is to educate yourself — to know what is this country you love, in all its weaknesses and faults. In that light, I'm joining the call — initiated by Chelsea Vowel and Wab Kinew, and carried on by Erica Violet Lee and Zoe Todd's #ReadtheTRCReport project — for Canadians to make the TRC's easy-to-read 400-page executive summary their primary piece of summer reading. Never has there been a better time for Canadians to learn the details of what our country did to indigenous people, and how our actions over 120 years provided the foundation of the addiction, abuse and dysfunction sadly endemic to so many aboriginal communities.

I don't intend to discourage people who love Canada from feeling how they do and

This is a bountiful country, yes, but one whose wealth has often come from exploitation of indigenous people and their lands.

expressing that love however they wish. But I believe those attached to this nation should face the evidence of the atrocities it was responsible for. So they may better understand the place they come from and love, may better love it in spite of its faults, and may better, as citizens, act upon what they learn from the truths told to the TRC.

Jesse Staniforth is a reporter for the Nation magazine, serving the Cree Nation of Eeyou Istchee in northern Quebec. Follow him on Twitter @JBS_nation.

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FOOD TRENDS SWEET, BOOZY, CRISP OR PLAIN NUTTY

Chips made of broccoli. Maple water. Wine-spiked ice cream. Popcorn that didn't quite fulfil its destiny. These are some alternate-universe products at the recent Fancy Food Show in New York that could signal coming trends. Here are five potential foods of the future exhibitors were showing off

THE ASSOCIATED PRESS

1 Sexy snacks



Holding a bag of chips with the word "Sexy" in big letters can cure shyness. At least that's what Sexy snacks founder Robert Ehrlich told visitors to his booth. "When you hold a bag, you are sort of empowering yourself," he says. The most notable aspects of the snacks may be the name and Ehrlich, whose claim to fame is his founding of Pirate's Booty, says the snacks are a way for people to brand themselves, as they might with sneakers

or handbags. The popcorn comes in flavours like Bangin' Cheddar and Brazilian Coconut, and the chips come in flavours including Spinach & Matcha Tea.

2 Broccoli Bites

A prevalent theme was snacks made from unusual ingredients; think bags of roasted chickpeas, cheese puffs made out of beans, and chips made out of seaweed.

Another example was Broccoli Bites from Rhythm Foods. Before they're dehydrated, the broccoli is tossed in a dressing made with seeds, herbs and spices to add flavour and prevent crumbling. Each 1.5-ounce bag has 150 calories.

Even though kale has surged in popularity in recent years, Rhythm Foods CEO Scott Jensen said he expects the broccoli snacks to be a lot easier to sell to buyers. And he's already working on the next vegetable snack: cauliflower.



3 Wine ice cream

Instead of a glass, this wine can be served in a cone.

Mercer's, a dairy in upstate New York, was offering tastes of its "wine ice cream," which has up to 5 per cent alcohol. The ice creams come in eight flavours including Strawberry Sparkling and Chocolate Cabernet.

Roxaina Hurlburt, a co-owner of Mercer's, said the dairy has been making traditional ice cream for 60 years and started packaging the wine ice cream in 2008. She said it's sold online and in about 200 locations around the U.S., including places like casinos and wineries. It's also sold in Montreal.

4 Half-popped kernels

Do you think those half-popped kernels at the bottom of the popcorn bag are the best part? Now two companies are selling bags of just those bits.

HalfPops and Pop'd Kerns offer the snacks in different flavours, with a one-ounce serving containing between 130 and 160 calories, depending on the flavour.

HalfPops, based in Bellevue, Wash., says it uses a proprietary process to cook the kernels. Six-ounce bags of HalfPops are available online and at about 2,000 U.S. locations, including some Whole Foods and Wegman's, said Mike Watts, the company's vice-president of marketing.



5 Maple water

Is maple water the next coconut water?

Drink Maple sells bottles of maple water it says is tapped from maple trees.

It's the same stuff that's boiled down into maple syrup. The clear liquid has the consistency of water and a lightly sweetened taste, with a 12-ounce bottle labelled as having 30 calories and 7 grams of sugar.

The product also seems to hit on all the prevailing dietary trends: the company's website notes maple water is "low calorie, gluten-free, dairy-free and non-GMO." It also says "no trees are harmed" in the collection process.

Canadian brands, tapped in Ontario and Quebec, can be found in some local Whole Foods and small health-food stores.



Adding a whole lot of Opa! to your diet

GREEK CUISINE

Simple foods to help you 'eat like a Greek'

WORD OF MOUTH

Theresa Albert

myfriendinfood.com



The world's eyes are on Greece right now and so, too, our stomachs. We truly are a global village as we share our air, our

climate and our economies. One way to support a country is to invest in or buy their exports. But that could just be my tummy talking.

Here are some excellent foods and flavours that come out of Greece:

An olive to love and devour
Greece produces some of the world's best olive oils from groves that are 500 to 1,500 years old. This means a root system that — like Greek culture — is steeped

in terroir, history and love.

Kalamata olives have a protected designation of origin (PDO) title. This means that if it says Kalamata, it has to have been produced in Kalamata, Greece. This olive is the deep purple almond-shaped olive of intense juicy flavour, which develops on the tree as it must be picked ripe. Not to be confused with black olives, which can be of any variety and have a wide range of sizes, shapes and flavours.

Things can only get feta

Greek feta is made with a combination of goat's and sheep's milk cheese, which gives it a creamier texture than the cow's milk feta. It is brined in salt water for up to a couple of months. The more aged, the more firm the texture. Come on people now, smile on your Greek brother. Do your bit and have a souvlaki cookout, Opa! Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.



While Kalamata olives are high in sodium, they are also rich in healthy fats. ISTOCK

Ex-Ex marks the frank sex talk

ROM-COM

Screenwriter says dialogue based on real conversations

Steve Gow
For Metro | Life

Inspiration can be a terribly fickle thing. For writer and actor Andre Bharti, however, it simply arose out of the pages of a supermarket tabloid.

"It was one of those movies that writes itself," laughed Bharti in Toronto recently. "I was reading the National Enquirer and there was an article where a psychic said she could connect you with your ex (and) I thought, what if she messes up?"

With that, the Toronto filmmaker composed *My Ex-Ex* — a new romantic comedy that follows a young woman who, after being dumped by her rich suitor, accepts spiritual advice to reunite with a deadbeat college boyfriend who can't even hold down a job under his father.

"To be honest, a lot of it is very true to life," said Bharti, admitting that although he also worked for his father — founder of one of Canada's lead-



My Ex-Ex, starring Katherine Barrell, third from left, as a woman whose love life takes an unexpected turn, opens cross-Canada on Wednesday. Co-star Andre Bharti, left, wrote the screenplay and says a lot of the movie is "very true to life." MICHAEL HELMER

ing merchant banks — his creative ambitions were never questioned.

"He supported me that way. I was writing poetry when I was six years old, so I think

he realized I wasn't going to be the business guy."

Instead, Bharti studied drama at Queen's University in Kingston where he not only learned to write screenplays, he even found inspiration for the movie's cast of raunchy characters. Insisting on authenticity, *My Ex-Ex* has been praised for the candid way its characters speak about sex — especially the ladies.

"I met powerful females in

Kingston and I could not believe how much raunchier they were than me," said Bharti.

"These are really beautiful, great ladies, but they talked about everything like in the movie. I didn't make that up. The character's names are different, so you wouldn't know who it is but those are real conversations."

With its forthright perspective on modern romance, *My Ex-Ex* has impressed in its re-

cent festival run — so much so that the movie was selected as part of the Canadian Indie Film Series, where it premieres Wednesday at theatres across Canada.

"I never made this movie to win an Oscar (but) everyone who watches it says they leave with at least three (scenes) they can't forget," admitted Bharti.

"If you have a good sense of humour and take it for what it is, you'll hopefully have fun."

MODERN LOVE

Going far ... but not too far:

"My heartfelt story might be on the more raunchy side, but I don't think it should offend anybody," said Bharti. "There's nothing sexist, racist or stupid like that (so) why would it be (offensive)?"

Guys like rom-coms, too:

"I think guys would get this movie as well as girls," said Bharti. "Romantic comedies — let's be honest, guys try to act tough, but we're really not. I cried at *Pretty Woman*."

It ain't easy being Canadian:

"When you're a Canadian filmmaker, you're kind of behind the 8-ball," said Bharti. "It was just a young crew that believed in the project and we really pushed — we did it in 18 days and no one complained."

THE CAST

Alongside Bharti, the roster of Canadian talent includes Katherine Barrell (*The Scarehouse*, *Murdoch Mysteries*), Ray Galletti (*Hemlock Grove*, *Arrow*), Jesse Camacho (*Less Than Kind*), Randal Edwards (*Package Deal*) and Alistair Forbes (*Second City*).

I met powerful females in Kingston and I could not believe how much raunchier they were than me. Andre Bharti





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SCI-FI SERIES

Halle Berry back in Extant, says the best stuff is on television



Ned Ehrbar
Metro Life

Last summer, astronaut Molly Woods (Halle Berry) thought she'd saved humanity from certain doom, but of course that's not the case or else there wouldn't be a Season 2 for *Extant*, Berry's first foray into network television. It airs Wednesdays at 10 p.m. ET/PT on Global.

So what has Berry learned from her first year on TV? "It is a whole lot of work. I mean, I've never worked so hard in my life as last year," Berry says. "And I was nursing — my baby was three months old — so I was doing drive-by nursings every two hours ... and I was in



Halle Berry as astronaut Molly Woods in Extant. HANDOUT

over my head with the amount of scenes we shoot in a day, the things I had to memorize."

Needless to say, Season 2 was a much smoother experience.

"This year, without having the baby nursing, is better than last year," she says.

"But it was an awakening last

year. I thought, 'I'm going to go into TV, be at home with my family.' I didn't see my family and I never worked harder in my life. So hats off to everybody who does television, because it's a grind."

When Oscar winner Berry signed up for the show last year, it was big news — despite her being far from the first big-screen star to make the transition. But Berry insists there was no hesitation in her decision.

"Not in this day and age. Maybe 10 years ago I would have had cause to pause. But the best things, in my opinion, are on television," she says.

"As artists, we want to share what we do with the world and this is a really good medium to do that."



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Hyundai puts accent on value



JIL MCINTOSH/FOR METRO

THE CHECKLIST 2015 HYUNDAI ACCENT HATCHBACK

THE BASICS

Type. Four-door, five-passenger subcompact hatchback.
Engine (hp). 1.6-litre four-cylinder (138).
Transmission. Six-speed manual or six-speed automatic.
Price. \$13,599 (base), \$19,549 (as-tested), plus destination.

POINTS

- The engine uses direct injection, a performance- and efficiency-enhancing technology usually found on pricier cars.
- Despite this, the Accent's published fuel consumption is slightly higher than most of its competition.



JIL MCINTOSH/FOR METRO

COOL FEATURES

- Active ECO system.
- Standard air conditioning.
- Available LED running lights.
- Available heated front seats.
- Driver's auto up/down window.
- Six airbags.
- CD stereo with USB connector.

MARKET POSITION

While the Accent's driving performance is on par with many of its competitors, Hyundai adds as many higher-end features as possible, and includes a comprehensive warranty of five years or 100,000 km that covers almost everything.

THE COMPETITION



Kia Rio5
Base price: \$14,495



Ford Fiesta
Base price: \$16,349



Nissan Versa Note
Base price: \$14,298

REVIEW

Car delivers decent ride and content for its price

Jil McIntosh
For Metro

When I was a young driver — and I won't admit how long ago that was! — an entry-level car was a cheap car, with a tinny feel and few options.

That's seldom the case anymore, at least judging by my Hyundai Accent tester. This company was among the first to stuff in as many items as possible while keeping the price low, and while some other automakers have caught up with that, the Accent remains a solid, good-looking little car.

All Accents use a 1.6-litre four-cylinder engine that makes 138 horsepower. A six-speed manual transmission is available on most trim lines, while the mid-range GL and top-line GLS can also be optioned with a six-speed automatic transmission.

The Accent comes as a sedan, starting at \$13,249, but I prefer the hatchback, which begins at \$13,599 and goes up to \$19,549 for the GLS with automatic transmission.

It's not the most exciting car to drive — the Mazda2 and Ford Fiesta are far sportier, for example — but it gets the job done, handling curves efficiently and with a smooth ride that's quiet over all but the very worst bumps.

All trim lines include air conditioning, which is an important consideration when you're price shopping; not all manufacturers include it in their rock-bottom stickers, and you may have to move up to a much pricier trim line to get it. The top-line Accent GLS includes such items as alloy wheels, automatic headlamps, heated seats, satellite radio, and a power sunroof.

The cabin is handsome, and the controls are simple and easy to use. Front-seat comfort

is pretty good for an economy car, but the rear chairs are hard and flat. Rear-seat legroom is actually pretty good for a car this size, especially since there's enough space to slip your feet forward under the front seats.

Visibility could be a bit better out of that narrow rear window (a backup camera isn't available), and the deep cargo well accommodates tall items but also makes for a longer reach to lift your groceries out.

Still, overall, the Accent stays true to its roots: a decent little car for what it costs.

“It's not the most exciting car to drive ... but it gets the job done”

SECURITY

Smart car thieves can take your identity, too

Vehicle thefts may be falling in the U.S. and the U.K., but the emergence of a new generation of smarter car has also seen with it the emergence of an equally smart car thief.

“The FBI reports in its 2013 Uniform Crime Report that a vehicle is stolen every 45.1 seconds in the United States, which amounts to more than \$4.1 billion in lost assets each year,” said Patrick Clancy, vice-president of law enforcement of Lojack Corporation, a company that develops anti-

theft and tracking devices for vehicles. “With only 54.8 per cent of stolen vehicles being recovered, auto theft is still a serious problem and we are now dealing with a more advanced, sophisticated thief. These individuals are increasingly creative, connected and dangerous in their approaches to steal your valuable assets.”

Greater consequence

Thieves are increasingly targeting the most expensive, and therefore most connected

cars on the road. And when a ‘smart’ car is taken, it's not just the owner's personal mobility that is compromised.

“The impact that today's connected vehicle thieves have on the individuals and businesses that fall victim to them is much greater,” said Clancy.

Cars connect with our smart-phones and therefore are an extension of our digital lives, meaning that as well as vehicle theft, drivers run the risk of identity theft, too.

“In recent years, the trad-

itional methods, techniques and mindset towards auto theft has evolved,” Clancy said. “Today, our vehicles hold critical information, such as our phone contacts, registration and insurance details, even the address and directions to our home.”

In October, Jaguar Land Rover made headlines because thieves had found a way of replicating a Range Rover's smart key and simply opening the car and driving away.

There have also been a

number of scare stories in the media in recent months about hacking a car and taking over its controls. However, initial investigations into smart-car hacking show that although it is possible on some models, it is too time consuming, complicated and costly to be worth the effort.

Security tips

However, regardless of a car's connectivity, consumers can take simple steps to mitigate the risks. For instance:

- Don't leave personal documents or paperwork relating to the car in the cabin.
- Likewise don't leave a smart-phone, tablet or sat-nav system in the car when it's parked.
- For extra security, try to avoid on-street parking bays and plump for secure parking structures instead.

Connected cars might offer a greater appeal to car thieves, but that connectivity also means stolen vehicles are more likely to be located and returned again. AFP

Meet the new Fiat 500

To mark the eighth anniversary of its launch, Fiat has taken the wraps off its revised retro-styled city car, the 2016 Fiat 500. The company has adopted an evolutionary rather than revolutionary approach to its new vehicle AFP

1 Up front

The headlamps and LED running lights are new, as is the front grille design, but ...

2 Body check

... The car's external dimensions and bubble shape remain untouched. Just enough to keep the car looking fresh.

3 Vroom ...

Under the body it's a different story. There are three new gasoline engines and one new diesel unit.

4 Inside

The dashboard layout is better, there's an integrated touch-screen infotainment system and the seat materials and panel trims are of better quality.

5 Extras

There's a choice of accessories for extra special touches, such as a tailgate rack, vintage style wheels, and metal mirror covers.

PHOTOS VIA FIAT



ON SALE

The 2016 Fiat 500 will go on sale in the U.K. in September. More details to be released closer to the vehicle's launch date.

vw.ca

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Highline model shown

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Kapanen not buying into expectations from trade

NHL

Leafs acquired young Finn in Kessel deal with Penguins

It's fair to say Kasper Kapanen fits right in with the new Maple Leafs.

He's got skill. He's got speed. And he's not very big.

Kapanen reported Tuesday — along with more than 56 other invitees — to Leafs prospects camp, where players listened to coach Mike Babcock and tested their speed on the ice.

The curiosity factor is a tad higher on Kapanen than the other high-end prospects, like William Nylander and Mitch Marner, given Kapanen became a Leaf in the Phil Kessel trade with the Penguins.

"I was surprised at first," said

Kapanen, the Penguins' first-rounder in 2014. "But the NHL is big business and these things happen. I'm excited to be here and be part of this organization right now and start focusing on the camp."

Kapanen said he's not going to put too much pressure on himself just because an elite scorer like Kessel went the other in the multi-player trade.

"Phil Kessel is Phil Kessel and Kasper Kapanen is Kasper Kapanen," he said. "I'll be as great as I can be and we'll see what happens. But it's two different players. You can't compare us."

Leafs assistant GM Kyle Dubas said the team had its eyes on Kapanen for some time. The son of former NHLer Sami Kapanen, Kasper was a member of Finland's world junior hockey team.

At five-foot-10, 171 pounds, he fits an emerging profile of the team's top prospects. Nylander, the Leafs' top pick in the 2014 draft, is 5-11, 174. Marner, the team's top pick this year, is listed at 5-11, 160 but seemed much smaller in the scrum with some very averaged-sized reporters.

But the Leafs have no issue with size, emphasizing skill and speed.

"He's not a 5-9 guy," Dubas said of Kapanen. "He's going to put a lot of weight on. We wouldn't have done the deal without him. We're really excited about him."

“There’s a lot of good players in that locker room. And everybody wants to show each other how good they are.”

Kasper Kapanen at the Maple Leafs’ prospects camp



Kasper Kapanen skates during the first day of the Maple Leafs rookie camp on Tuesday in Toronto. CARLOS OSORIO/TORSTAR NEWS SERVICE

This camp is going to be quite different from summer prospects camps of the past. For one thing, there were 57 players in-

cluded, almost twice the number invited last year.

"We have a lot of needs in our organization," said Dubas.

"It made sense where we are in the current state of our organization."

TORSTAR NEWS SERVICE

NHL IN BRIEF

Blues sign Tarasenko to long-term deal

The St. Louis Blues say they have signed star forward Vladimir Tarasenko to an eight-year, \$60-million contract.

General manager Doug Armstrong announced the move Tuesday, locking up the 23-year-old Tarasenko after a season in which he made his first career All-Star game and was 10th in the NHL with 73 points, including 37 goals, to go along with a plus-27 rating. He was the youngest Blues player with a 30-goal season since Brendan Shanahan in 1991-92.

THE ASSOCIATED PRESS

Boedker, Coyotes agree on one-year contract

The Arizona Coyotes have signed left-winger Mikkel Boedker to a one-year, \$3.75-million deal.

Boedker had 14 goals and 14 assists in 45 games last season, which was cut short in January after he ruptured his spleen. He had 19 goals and 32 assists in 2013-14. THE ASSOCIATED PRESS

Bruins make three signings

Forward Jimmy Hayes' new deal with the Boston Bruins will pay him \$2.3 million a year for three years.

The Bruins also signed forward Brett Connolly to a one-year contract with a cap figure of \$1,025,000. Forward Brandon DeFazio got a one-year, two-way contract worth a cap figure of \$575,000 at the NHL level. THE ASSOCIATED PRESS

PROFILE

KASPERI KAPANEN

Position: Right wing
Height: 5-10
Weight: 171 pounds
Shoots: Right
Age: 18
Birthplace: Kuopio, Finland
Drafted: 22nd overall, 2014

WIMBLEDON

Serena rallies past Azarenka

Serena Williams' latest Grand Slam match against Victoria Azarenka ended the same way as the previous nine — with Williams walking off as the winner.

The top-ranked Williams fought back from a set down Tuesday to beat Azarenka 3-6, 6-2, 6-3 on Centre Court to reach the Wimbledon semifinals and keep her bid alive for a fourth straight major title — a "Serena Slam."

Williams' next opponent will be Maria Sharapova, who beat unseeded American CoCo Vandeweghe in three sets.

Coming up with big serves when she needed them and getting stronger as the match wore on, Williams put on a dominant performance in the final two sets, winning seven straight games at one stretch, to run her Grand Slam winning streak to 26 matches.

"It's been up and down, up and down, but somehow I'm still alive," Williams said. "I don't know how. I'm just happy to be still here."

Williams hit 17 aces, including three in each of her final two service games, to extend her ca-

reer record against Azarenka to 17-3 — including 10-0 in Grand Slam play.

"We just saw today why Serena is No. 1," said Azarenka, a former No. 1 herself and two-time Australian Open champion. "I haven't seen her play like this, honestly, even the last matches before that."

Meanwhile in the men's draw, Novak Djokovic finished his 6-7 (6), 6-7 (6), 6-1, 6-4, 7-5 fourth-round victory over Kevin Anderson; he was suspended because of darkness after four sets Monday. THE ASSOCIATED PRESS



Serena Williams plays a forehand in her quarter-final match against Victoria Azarenka on Tuesday in London.

IAN WALTON/GETTY IMAGES



I'm serving well, I'm playing well. I know I'll have my hands full.

Vancouver's Vasek Pospisil who faces No. 4-seed Andy Murray in Wednesday's men's quarter-final



WOMEN'S WORLD CUP PARTY STARTS FOR CHAMPS USA

The World Cup-winning Team USA enjoy a championship rally in downtown Los Angeles on Tuesday. The Americans defeated Japan 5-2 in Sunday's final to become the first team to win the Women's World Cup three times. ROBYN BECK/AFP/GETTY IMAGES

SOCCER IN BRIEF

Gerrard trains with Galaxy

Steven Gerrard had his first practice with the LA Galaxy on Tuesday before being formally introduced to the club.

The change reflects the biggest move Gerrard has ever made, personally and professionally. He spent 17 years at Liverpool, leading the club to Cup glory both domestically and in Europe.

THE ASSOCIATED PRESS

Conte accused of fixing

Italy coach Antonio Conte was among 104 people whom a prosecutor requested Tuesday be brought to trial on match-fixing charges in a case that allegedly has its roots in Singapore.

Conte is accused of committing sports fraud when he coached Siena in 2010-11.

THE ASSOCIATED PRESS



Steven Gerrard
GETTY IMAGES

SOCCER

Alves: 'Pep' wanted to bring Brazil glory

Pep Guardiola wanted to coach Brazil at last year's World Cup but local football officials were afraid that fans wouldn't like having a foreign coach in charge of the national team, Barcelona defender Daniel Alves said Tuesday.

"Pep said he wanted to make Brazil a World Cup champion and had an entire strategy to make us a world champion," Alves said in an interview with ESPN Brasil. "But they didn't want it, because they said that they didn't know if Brazil would accept a foreign coach."

Alves did not specifically say

who refused to hire Guardiola, but criticized the decision.

"Pep is the best coach in the world, the greatest sports manager I've ever seen. He revolutionized football, and we had the chance to have him with us," Alves said. "If you let an opportunity like this go by, then you are not really thinking about the national team."

He said Guardiola was even willing to get paid only if he achieved the results expected by the Brazilian people.

Wednesday will mark the anniversary of Brazil's humiliating 7-1 loss to Germany in the World Cup semifinals under Luiz Felipe Scolari. THE ASSOCIATED PRESS



Josep (Pep) Guardiola
GETTY IMAGES



Pep is the best coach in the world.

Barcelona defender Dani Alves

Floro finally gets his shot at Gold Cup

SOCCER

Spaniard has revived team since Honduras embarrassment

Two years and three days after being named coach, Benito Floro finally gets to lead Canada at the Gold Cup.

The 63-year-old Spaniard was named coach on July 5, 2013, but missed out on the CONCACAF championship that year because he didn't officially take over the Canadian men until Aug. 1.

Under interim coach Colin Miller, Canada went 0-2-1 in 2013 and failed to advance past a first round that included a 1-0 loss to tiny Martinique with Floro watching from the stands.

Floro gets his first real taste of the tournament Wednesday at the StubHub Center in Carson, Calif., as Canada, ranked 109th in the world, takes on No. 89 El Salvador in Group B play.

"We believe in our players, we believe in their progress. It's time to test it," Floro said on a media conference call Monday night.

After El Salvador, Canada plays No. 65 Jamaica on Saturday in Houston and No. 14 Costa Rica next Tuesday in Toronto.

Floro inherited a team that had gone 0-6-2 while scoring just once since it was drubbed out of World Cup qualifying contention in a humiliating 8-1 loss under



Tesho Akindele, from left, Jonathan Osorio and Cyle Larin celebrate Akindele's goal against Dominica during a 4-0 World Cup qualifying win on Jun 16 in Toronto. Promising youngsters Akindele and Larin represent the future of Benito Floro's Canada side. FRANK GUNN/THE CANADIAN PRESS

Stephen Hart in Honduras in October 2012.

Floro went 0-4-3 before registering his first win, a 3-1 decision over Jamaica in Toronto in September 2014. Floro's record at the helm has since improved to 5-6-5 and Canada is currently riding a four-game winning streak — and five-match unbeaten string.

But before making any 2018 World Cup travel plans, it should be noted that the average FIFA ranking for Canada's last five opponents is No. 116.

Still the Spaniard had won praise from his players for his meticulous preparation, often

using video to make his point.

And he has been able to attract and incorporate young talent like Cyle Larin and Tesho Akindele into the program.

Canada will mount its Gold Cup campaign without influential midfielder Atiba Hutchinson and defender Doneil Henry (both injured) and goalkeeper Milan Borjan (club commitments).

With Borjan unavailable, Floro suggested Kenny Stamatopoulos would be his like-



Benito Floro
GETTY IMAGES

ly starter in goal. While July 25 is circled on Canada's calendar — that's when it finds out its next opponent in World Cup qualifying — the Gold Cup offers Floro a chance to test his team against CONCACAF opposition, rise in the rankings and to spend valuable time working with his players.

"It would be better for us to play not only three, (but) four or five games here," he said. "Because at the same time we (have) a good Gold Cup, we are preparing in the best conditions the team for the second World Cup (qualifying challenge)."

THE CANADIAN PRESS

PAN AM GAMES

Canada, Brazil tie in water polo thriller

Goalkeeper Jessica Gaudreault made a brilliant save with 17 seconds left to play as Canada held on for a 7-7 tie with Brazil in women's water polo on Tuesday in the first event of the Pan American Games.

Preliminary round water polo matches are being played before Friday's opening ceremonies so that the competition will be completed in time for the world aquatic championship starting July 24 in Russia.

Brazil's Helene Badocco scored the tying goal with 2:33 left in the fourth period. Gaudreault preserved the draw with a save on Izabella Maizsa Chiappini with 17 seconds left to play.

Canada regained possession but couldn't penetrate the tough Brazilian defence at the other end of the pool. Emma Wright, Christine Robinson, Shae Fournier,

Dominique Perrault, Katie Monton, Krystina Alogbo and Monika Eggens scored for No. 8 Canada, which is ranked six positions ahead of Brazil.

"I think the first (game) is always a little bit rough," said Robinson, who is making her third Pan Am appearance. "This is the first Pan Ams for a lot of girls too so I think they were maybe feeling a little bit jittery and nervous."

"Now that we know what it's going to be like, we can just get back to the game. I think we'll be better tomorrow."

Canada will play Venezuela on Wednesday. In the other early games, Puerto Rico and Venezuela played to an 11-11 tie and the United States crushed Mexico 25-3. The Canadian men open against Brazil on Tuesday night.

THE CANADIAN PRESS



Canada's Shae Fournier, right, looks to pass in front of Brazil's Marina Aranha Zablit during a water polo match at the Pan Am Games in Markham, Ont. DARREN CALABRESE/THE CANADIAN PRESS

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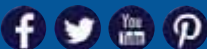
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RECIPE Thai Quinoa Salad



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The crunchy delicate taste of quinoa goes well with this Asian-infused salad. Serves 6.

Ready in

Prep time: 10 minutes

Cook time: 15 minutes

Ingredients

- 1 cup quinoa
- 1 1/2 cups chicken stock
- 3/4 cup thinly sliced carrots
- 3/4 cup thinly sliced red bell pepper
- 1/4 cup chopped cilantro
- 1/3 cup sliced green onion

Dressing

- 2 Tbsp peanut butter
- 1 1/2 Tbsp lemon juice
- 4 tsp soy sauce
- 1 Tbsp honey
- 1 1/2 tsp sesame oil

• 2 tsp water

Garnish

- 1/3 cup chopped toasted cashews

Directions

1. Bring quinoa and stock to a boil. Cover and simmer on lowest heat for 15 minutes until cooked. Place in serving bowl to cool.

2. Add remaining ingredients to quinoa, except for dressing.

3. In a small bowl, combine ingredients for dressing until smooth. Pour over cooled quinoa. Garnish with cashews.

Nutrition per serving

- Calories 210
- Carbohydrates 24g
- Fibre 3g
- Protein 8g
- Fat 10g
- Saturated Fat 2g
- Cholesterol 0mg
- Sodium 380mg

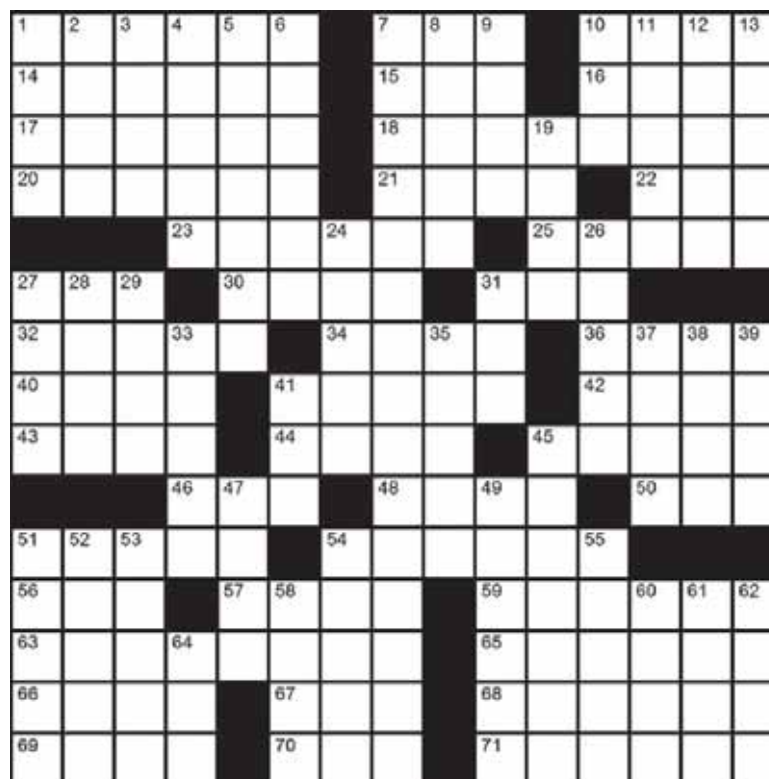
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Beach trinkets
7. Large
10. Cleveland basketball-ers, briefly
14. Aloha State
15. NHL's Ducks, on scoreboards
16. Old World buffalo
17. Forever, to a poet
18. Magnificent
20. Hockey great Mr. Savard's
21. Queens __ (Street in Toronto's waterfront)
22. Kay's follower
23. Productivity
25. English class assignment
27. 007, e.g.
30. Peel
31. Creature in ancient Egyptian art
32. Grad parties
34. Uncertain
36. Re-work the written work
40. Kind of lily
41. Longest river of France
42. Drive-way sight
43. Equal, in Montreal
44. Space bear
45. Tell the waiter what you want
46. Median, mini-ly
48. Wednesday = __ Day
50. Dorothy's Auntie's namesakes



51. "So __!" (Take that!)
54. Use a tranquilizer gun
56. "Uh-huh."
57. Draw close
59. __ blocks
63. Guitar pick

65. On the go
66. Toast topping
67. Drink chiller
68. Mr. Beatty of movies
69. Ho-hum
70. 'Velvet' suffix
71. Most tricky

DOWN

1. Ladies
2. Intensely dislike
3. Pitcher
4. "Key __" (1948)
5. Causes for frustration at checkout

6. Midday break
7. 16th-century Europeans who caught cod in the Grand Banks of Newfoundland: 2 wds.
8. Opinion
9. Grand event
10. Tin
11. Mountains in South America
12. "Presto!"
13. Woefully
19. Optometrist's study
24. Earlier in time
26. Asparagus unit
27. Basilica part
28. Mr. Kinnear
29. Robe of ancient Rome
31. Captain's confirmation
33. Tooth type
35. Imposter
37. "__, Where's My Car?" (2000)
38. Detail
39. Rocky hills
41. Haul with difficulty
45. __ illusion
47. Let off steam
49. Kinds of parrots
51. Spelling misssstake
52. Lionel Richie song
53. Swashbuckling props
54. Gravy cousin
55. __-level position
58. Fort __, Ontario
60. British rock group, __ Straits
61. Pre-day nights
62. Broadway musical
64. Murmur

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Like everyone you make your share of mistakes but you are not afraid to admit it, and that fact gives you an edge. While others are still trying to deny that they messed up you will be retracing your steps.

Taurus April 21 - May 21
The only thing that matters today is that you follow your instincts and follow to the letter what your inner voice tells you. Even if the whole world says you are mad you must not change direction.

Gemini May 22 - June 21
You have done a lot of thinking in recent weeks and now it is time to put what you discovered, about yourself and about the wider world, to good use.

Cancer June 22 - July 23
Stop feeling sorry for yourself and start doing the things that will make your life more satisfying and secure. Mind planet Mercury joins the Sun in your sign today, so you will know what needs to be done.

Leo July 24 - Aug. 23
You may not understand why you feel a certain way but you must not ignore your emotions. If you want to think clearly today it will pay to shut yourself off from outside influences.

Virgo Aug. 24 - Sept. 23
You like to be helpful but you must not do other people's work for them. The planets warn that if you do just one little thing for someone today you will end up doing everything for them for the rest of the week.

Libra Sept. 24 - Oct. 23
Reach out and make contact with someone in a position of authority today. As Mercury, your ruler, crosses into the career area of your chart you clearly know what it is you want and how to get it.

Scorpio Oct. 24 - Nov. 22
You will speak from the heart today but not everyone will want to hear what you say. Some people find the truth uncomfortable and one person in particular will kick up a fuss.

Sagittarius Nov. 23 - Dec. 21
You have allowed certain issues to slide and if you don't do something about them soon it will be too late. The fact is you have relied too heavily on others to make decisions for you.

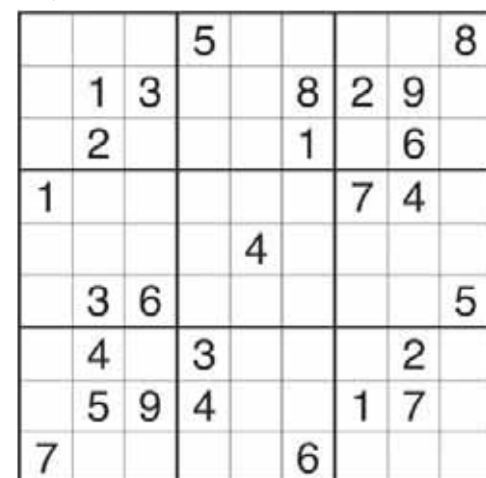
Capricorn Dec. 22 - Jan. 20
Don't keep your thoughts and feelings to yourself today because others will know in an instant what you are trying to hide. What have you got to be embarrassed about?

Aquarius Jan. 21 - Feb. 19
Something in your life is clearly not working and needs to be changed but you find it difficult to admit that. Mercury, planet of the mind, changes signs today and it will help you change your mind too.

Pisces Feb. 20 - March 20
Sticking to a rigid plan of action will limit your options and make success much harder to come by, so be flexible. Most importantly, don't set targets. Take each day as it comes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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